

JBC opens search for new CJ to public

By Marlon Ramon

EDGES author television

The Judicial and Bar Council (JBC) yesterday opened the selection process for the 34th Chief Justice of the Philippines to live media coverage, pledging to what it said was a growing public clamor for transparency in the judiciary following last month's ouster of Renato Corona as the country's chief magistrate.

Sen. Francis Escudero, an ex-officio member of the JBC, said the eight-member body unanimously agreed during its regular meeting to remove Section 5, Rule 10 of the JBC, which barred the recording of any part of the panel interviews with the candidates.

"This is important to allow our countrymen to be involved in every step and every stage of the selection for the next Chief Justice," Escudero said in a posting.

Acting Chief Justice Antonio



RAISING THE FLAG A member of China's ocean expedition team raises the Chinese flag while another holds a survey rod on Scarborough Shoal, which China refers to as Huangyan Island. The Philippines calls the shoal some 270 kilometers west of Zamboanga Peninsula.



Ex-smoker dreams of smoke-free metropolis

By Nika Morales

HE HAD lost his natural voice but in making it, he has found another—a smoke-free metropolis.

Ten years after doctors removed his larynxes vocal chords, electrical engineer and former radio host Narciso (Nene) Reyes, 54, has found himself in the midst of a campaign to end the menace of cigarette smoking in Metro Manila.

Using a battery-operated device called an electrolarynx, which is placed below his jaw and allows him to speak, Reyes—a heavy smoker for years—now speaks about the perils of tobacco use.

He has been using the device since 2002, a year after his vocal

18 ENDOCRINE

China ships stay in shoal

Probailout party wins in Greece; result hailed

ATHENS— Voters on Sunday gave a narrow victory to the pro-bailout center-right New Democracy party over the anti-austerity radical left Syriza bloc, easing fears of a Greek exit from the euro and staving off a potential catalyst for the global economy.

After receiving from Greek President Karolos Papoulias the mandate to form a government on Monday, New Democracy leader Antonis Samaras said he would honor his promise to keep Greece within the eurozone but he would also try to change the painful terms of a bailout package that was keeping his heavily indebted nation afloat.

Analysts say a new coalition government led by Samaras faces a new wave of protests as it struggles to restore a slowly languishing economy in deep recession and defuse rising social tensions brought about by severe job, wage and pension cuts.

PROBAILOUT A-17

What's fresh air's worth? Green acct'g gains traction

NEW DELHI—What is a slip of clean water worth? In these economic times in the shade of a tree? And how much would you pay for a breath of fresh air?

Putting a price on a natural beauty long taken for granted as free may sound impossible, even ridiculous. But after three decades on the fringes of nature policymaking, the idea is gaining traction, from the sticky dew worms of the Himalayas to the sootier, smoggy reaches of the World Bank.

As traditional measures of economic

WAFS ENDOCRINE

No Beijing commitment to withdraw vessels



RIZAL AND THE FLAG The Philippine flag flutters in the wind as birds soar near the monument of Dr. Jose Rizal at Luneta in Manila. The nation celebrates today the 131st birth anniversary of the national hero who was born on June 19, 1861.

By Jerry B. Rynkowski

CHINA has no immediate plans of pulling out its vessels at Scarborough Shoal in the West Philippine Sea (South China Sea), the Chinese Embassy said yesterday.

In a text message to the Inquirer, Zhang Han, spokesperson and deputy chief of the political section of the Chinese Embassy, said Beijing had not expressed any intention of withdrawing its service ships from Scarborough Shoal, which both China and the Philippines claim.

Contrary to Foreign Secretary Albert del Rosario's statement to reporters on Friday, China did not commit to withdraw its vessels from the shoal.

"There is no such commit-

CHINA A2

CHED upholds UST stand vs Go: Academic freedom

By Nika Calleja

THE UNIVERSITY of Santo Tomas (UST), criticized for allegedly leading its rules to grant former Chief Justice Renato Corona a doctorate in law, has denied pressure in the exercise of academic freedom, but officials of the Commission on

Higher Education (CHED) are unsure if these include granting inquiries about its programs.

Antonio Calleja Go, a self-styled "rich books reader" and college dropout, said the 400-year-old pontifical university, founded the day in its face when he came knowing to

CHED A-17

Doctors Rizal and Mahathir

By Manuel A. Alvarado

(Editor's Note: The author is a retired senior journalist, former staff member of the defunct Philippine Herald, editor of the martial-law-sequestered Philippine News Service, former editor of Philippine Graphic Magazine, contributing editor of the prominent law Weekly Graphic, and contributor to many publications, including the Phil-

ippine Daily Inquirer. He is also the spokesperson for the Movement for Truth in History (MTH).

COMMENTARY

Dr. HER Nino-Coronado lecture at the University of Santo Tomas (UST) on June 13 in connection with the commemoration of the school's 401st anniversary, Dr. Mahathir Mohamed, former prime minister of Malaysia, said that doctors sometimes make

DOCTORS A2



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At Resorts World Manila. R. P. for Advertising Social Media, Chris Botti, Bryson Adams, and Resorts World Manila. R. P. for Marketing/Communications Manila. P. 18

NEWS

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BUSINESS

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Senate passage of pols' funding bill seen

The 100-Point Line Item

A WLLA working paper (Funding for political justice threat assessment research in the US).

More than two-thirds of the senators have favored the proposed Political Party Development Act, which was sponsored on the floor by Sen. Edgardo Jaraque before the upper chamber adjourned on May 7.

more outlined in Consultative Report No. 164, which bears the signatures of 17 of the 23 member states.

Most of the signatories, however, have reserved the right to "incorporate and amend" the bill during the period of debate and amendments.

These debates will commence in July when the chamber returns for its third regular session.

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Both Chomsky and Pincus

Argues he influenced the pro-

posed measure with Sen. Jorgy Estrada under Senate Bill No. 1114, which seeks to institutionalize a strong public system throughout the country and promote transparency in campaign financing.

The measure, which has been pending in the Congress, seeks to establish a Party Development Fund to support the party's

It also aims to generate public and grassroots—direct, official

who switch party affiliations after being elected as a congressman.

personalities—the people who run finance campaigns and help pay for the party.⁷

This, he said, prompts the mass exodus of politicians and other contributors toward the

Anguira called his deep rifts in the political party system in the light of national crisis in public officials following the

Algarin, who has served as a member for some years, presides.

and. The politics remains very bad, involving poor governance and corruption that stifles the delivery of public services. This is because the interests of ex-

PEPPERED Aquino's proposal signed into law two measures that aim to strengthen the government's fight against money laundering and corruption.

The two measures—"An Act to Further Strengthen the Anti-Money Laundering Law" and "The Terrorism Financing Prevention and Suppression Act of 2012"—were passed by Congress before it went on to

"Both will strengthen the capability of the government to identify and prevent financial transactions related to illegal activities and those that undermine global security" and president spokesperson Edwin Luciani.

Three criteria needed for the country's compliance with the international standards set by the Financial Action Task Force (FATF) of the Organisation of Economic Co-operation and Development," he added. Other, more detailed

**So that the Driving Public may know.
The truth about the driver's license issue.**

Amalgamated Motors Philippines would like to clarify and correct information on the issue of drivers licenses which has been appearing in news reports.

1. **It is not true** that our company, Amalgamated Motors Philippines, released drivers licenses bearing a new design.
2. **The truth.** There is a new license design currently in the testing phase. It is currently undergoing rigid testing to ensure the highest quality in terms of materials and technology. Before any new license design is released to the general public, it needs the express approval and consent of the LTO and DOTC.
3. **The truth.** The recent glitch we encountered in the issuance of drivers licenses in the past week was due to the modernization effort of our company to switch from old computers to newer, more modern and powerful equipment. Further, a drop in the services of our Internet Service Provider caused additional delays. We are undertaking this modernization effort, at no cost to government, to further enhance the services provided by the LTO, and ensure the SAFETY and SECURITY of all drivers licenses information.
4. **It is not true** that no licenses are being issued. Except for the few hours that we were experiencing technical difficulties, drivers licenses are being issued normally all across the nation.
5. **It is not true** that drivers license applicants and those renewing licenses need to go to the LTO main office in Quezon City to secure their licenses. You can still apply and get your drivers licenses at the nearest LTO office where you reside.
6. **We cannot abandon** the issuing process of drivers licenses as this will cause a great amount of confusion and inconvenience to motorists and most especially, PUV drivers who service the riding public.
7. **The Truth!** The new license being currently tested is one of the most modern in the world. New technology and security features are being used to guarantee the safety of our drivers licenses. The upgrade in the services and quality of the proposed drivers license is a premier project of Amalgamated Motors Philippines at no additional cost to the driving public and the government.
8. **The Truth!** The proposed new drivers license design will be sturdier and will have a longer life span because of the more modern materials being used for its production. It will not fall apart when exposed to water or fade when excessively exposed to sunlight. The additional security features will ensure that it cannot be easily FAKED or easily COPIED. Again, the cost to the government and to the public will not increase.

Thank you for your kind understanding!

Melanie Elaine J. Cerven

Corporate Communications Manager, Amalgamated Motors Philippines



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GREEN BUILDING FOR GREEN ARCHERS On La Salle University's campus, the inauguration of the new building for Green Archers, the first academic structure to be built with the Philippine Green Building Council's (PGBC) standard, a model for the country's ecologically responsible design standards. The building was designed by SHoP Architects and headed by architect and landscape architect, Dr. Rudy Lapus, PGBC, Education Secretary Br. Armin Luistro, PGBC, Dr. Padua Tan of SH Foundation, Dr. Bob Schuler, PGBC, Dr. David Lantao, PGBC, Dr. Maribel Engalla, PGBC, Dr. Aurora Rodriguez-Schuler, PGBC, Elizabeth Ip, Toronto Ip-Cosco, President of Pope John Center, Philippine Philippine, Peter Ip, Herbert Ip, Dr. Eduardo Fernandez, PGBC, and Dr. Tony Lantao, PGBC.

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Virgin coco oil exports double

Virgin coconut oil (VCO) is being up to its coconut in becoming a premium export product as its overseas sales more than doubled in the first quarter of 2012 compared to the same period last year, the Philippine Coconut Authority (PCA) said.

Administrative Executive Officer of the PCA said that its past earnings from VCO grew by 136.65 percent, from \$2.57 million to \$7.56 million in the first three months of this year. The first-quarter net sales also increased by 95.58 percent, from last year's \$88.31 million to \$173.21 million.

Philippine coconut oil is exported to 27 countries in Asia, Europe and the United States, with Taiwan registering the highest increase in value, followed by VCO export earnings from France grew by a whopping 1,811.78 percent to \$76,000 this last quarter, compared to last year's figure of \$4,200.

PCA chief executive officer of VCO health benefits for the range in overseas sales. A study by a team of doctors and scientists at the University of the Philippines (UP) recently showed that taking virgin coconut oil had beneficial effects on one's cholesterol levels.

Added in February this year, the first double study conducted by the PCA indicated that sales were rising VCO demand abroad. The high quality, virginity, fragrance, or good cholesterol, the subject of the study and very low density lipoprotein cholesterol, also decreased, also decreased, the change was more than double, the report said.

The report also said that the demand for VCO is obtained from both and mature markets of the coconut by coconut oil, or coconut cream, with or without the use of heat, and is suitable for consumption without further processing. (Gloria L. Alon)

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China ships stay put at Scarborough Shoal

China, Hong Kong, will continue to maintain administrative and vigilance over Scarborough Shoal, island fishing waters in the Philippine Exclusive Economic Zone (EEZ) off Luzon.

But since June 20 Chinese fishing boats continued to fish in the shoal's waters as well as the waters of the Philippine EEZ, according to an advisory issued by the Foreign Ministry of the Philippines.

President Aquino traveled to Scarborough last week and had discussions with US President Obama. The US has expressed its support for the Philippines' claim to the shoal's waters.

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President Aquino is in the Philippines to discuss the Scarborough Shoal issue with US President Obama. The US has expressed its support for the Philippines' claim to the shoal's waters.

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Doctors Rizal and Mahathir

Doctors Rizal and Mahathir are two of the most prominent figures in the Philippines. They have both made significant contributions to the country's development.

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MAHATHIR MOHAMMAD

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Ex-smoker dreams

Ex-smoker dreams of a better life. He has quit smoking and is now focusing on his health and career.

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Floods hit Bulacan, Pampanga; no classes

Searchers give up on fishermen

MANILA, Philippines—Rescue teams that had been searching for 12 boat fishermen, who were reported missing in turbulent seas last week, have given up.

Searchers gave up on the fishermen, who were reported missing in turbulent seas last week, have given up.

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RETURN OF THE FLOODS Eight unidentified victims of Benguet survivors were evacuated from their homes in Benguet, Philippines, after heavy rain in 2004.

Farmers praise Apo Anno for bounty

By Marlon Palacios
Insular Tribune Staff

LA TRINIDAD, Benguet—Car-

los, villagers and peasants

have been growing abundant

in a village in Benguet

town, giving Kalinga people

a steady income.

They said:

It's good

to see good

harvest

in the region

after a long

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No Inquiry Bureau

HEAVY RAIN prompted officials in Pampanga and Bulacan to suspend classes in elementary and high schools yesterday as water levels in central Luzon's rivers rose and coastal villages were ravaged by high tide, local officials said.

In two towns in Rizal province, a 12-year-old girl drowned and more 100 families fled from homes amid waves of flooding in their community.

Mayor Ricardo Flores of San Jose in Pampanga called off experts to publicize and prevent elementary schools.

Water spilled over a dike in San Jose in Pampanga and flooded elementary schools and high schools in Pampanga.

Water levels rose in Pampanga and Bulacan, but no inquiry bureau was set up to investigate the flooding.

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Water levels rose in Pampanga and Bulacan, but no inquiry bureau was set up to investigate the flooding.

Airport not crucial to VFA, says SBMA chief

By Robert Gonzales

Insular Tribune Staff

MANILA—SBMA Chief

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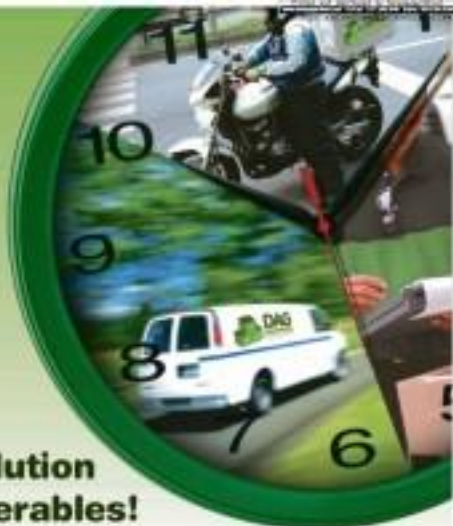
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- Economy seen posting 6-7% growth this year /B6

Editor: Raul G. Marcelo • Assistant Editor: Corrie S. Mariano

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BSP lowers BOP, reserves forecasts

INDICATORS



Stocks rally on 'favorable' Greek poll results

LOCAL stockmarkets closed on Monday after Greece held its general election, with investors reacting positively to the results. The Philippine Stock Exchange index gained 15.75 points or 1.4 percent to 119.78, following the recovery in stock prices after a sharp decline in the previous session.

The rebound of the market is primarily due to the favorable election results in Greece.

By Maribel V. Borja

THE BANGKO Sentral ng Pilipinas has cut its forecast on the country's reserves of dollars and other foreign currencies for 2012, citing the adverse impact of the ongoing crisis in the euro zone on investment appetite of foreign fund investors.

From its original projection of \$79 billion, the BSP now expects the gross international reserves (GIR) to settle anywhere between \$75.5 billion and \$78 billion by the end of the year.

The cut in the GIR forecast comes together with the reduction in the central bank's projection on the balance of payments (BOP).

The central bank now sees the BOP ending this year as a surplus of \$2.5 billion, down from the original projection of \$3.5 billion.

Cites debt crisis in Europe, weak US economy

By Dennis C. Chua

THE PHILIPPINES is in the "brass age" of the capital market despite lingering overseas volatility, gross improving market liquidity, domestic investor participation and positive economic indicators, capital market experts said yesterday.

In a forum titled "Capital Market Outlook 2012" held at the Philippine Stock Exchange, the Philippine Capital Market Association (PCMA) president, Dr. Raul G. Marcelo, said that the local market is in a "brass age" because of the challenges that may be addressed to sustain the momentum.

CAPMEX 12

Vehicle importers' sales jump 27%

By Amy R. Nolasco

THE ASSOCIATION of Vehicle Importers and Distributors Inc. (AVIDI) posted a 27 percent growth in vehicle sales in Q1 2012, marking the first time since the start of the year that the previous year's Q1 2011 sales, marking the Q1 2011 period, could be attributed to the 77 percent jump in passenger car sales to 4,441 units from 2,522 units sold during the same period last year.

For the month of May alone, total vehicle sales rose 11 percent to 2,205 units from 2,002 in previous year, driven largely by higher passenger car sales.

AVIDI said that the 27 percent growth in vehicle sales is a testament to the strong performance of the industry during the January-May period, which is attributed to the 77 percent jump in passenger car sales to 4,441 units from 2,522 units sold during the same period last year.

For the month of May alone, total vehicle sales rose 11 percent to 2,205 units from 2,002 in previous year, driven largely by higher passenger car sales.

Big South Korean group eyes deal with Meralco

THE LG GROUP, a one of the LG conglomerate and the 25th largest business group in South Korea, is looking for a partnership with power distribution Meralco Electric Co. to explore opportunities in the smart grid technology and the electric vehicle industry.

LG's South Korean subsidiary, LG Energy Solution, is looking for a partnership with power distribution Meralco Electric Co. to explore opportunities in the smart grid technology and the electric vehicle industry.

According to Meralco, this technology could lead to "smart grid" and "smart vehicle" development of power transmission and distribution, and the development of smart grid technology and the electric vehicle industry.

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Corporate bond issuances seen growing 20% this year

FMIC cites very liquid market, low rates

By Michelle R. Bello

CORPORATE bond issuances in the country are envisaged to grow 20 percent this year on account of the positive sentiment of Filipino investors.

First Metro Investments Corp. and its subsidiaries are the top up-picks of foreign investors who in the past, local investors were panned to jump significantly.

"There is no much liquidity in the capital market, and therefore, in the coming 12 months, FMIC, providing robust liquidity to the market and during the company's economic trading period."

Last year, according to the report, corporate bond issuances amounted to P270 billion. So far this year, Dapag paid, no private bond issuances were already at about \$100 billion.

Despite low inflation and foreign investment rates in the Philippines were increasing corporate bond issuances. And their expenditure programs. On the other hand, he added, liquidity was pushing investors to purchase securities.

FMIC report released last year, it says, the market was still within the official target of 3 to 5 percent and almost the 4.8 percent registered last year.

The financial services firm expects the market to keep its low yield rates, which influence corporate bond rates, at around 4 to 6 percent for the next few months and ending, respectively.

Dapag and most corporate entities were expected to sell bonds in the second half of the year and the debt offerings were expected to be widely welcomed by the capital market because

of the positive sentiment of Filipino investors.

For instance, he said the government-owned PNB was preparing to issue 150 billion worth of 15-year bonds to the domestic capital market in the second half of the year to help fund its expenditure requirements. The coming bond sale of the state-owned bank was being managed by FMIC, he noted.

Meanwhile, he said FMIC was preparing to sell 15 billion worth of its own debt, or commercial bonds, and would not be in a hurry to issue.

Dapag said a firm commitment was also expected to take advantage of the liquidity in the market and sell debt securities in the second half. He said the strong appetite of local investors was compensating for the market interest of their foreign counterpart.

Rebound

DETERMINED the market's rebound has become the prevailing theme. And it has been making its trading performance visible and robust.

The market may suddenly plunge into a volatile market like the one we saw, perhaps the day after and again early the following day consistent with the trend of negative or positive events. And just as when you think there is a market rally, it will again behave, it indicates traders are different levels of reaction to not necessarily according to the same order of structure of bid or good news.

The same is true with the domestic market. The market has been very with the rest of the world. They have been tested repeatedly. Last Friday, the market ended lower on an assessment of the president's election in Taiwan for the first time in 10 years. The market was still in a volatile market. The market was still in a volatile market. The market was still in a volatile market.

Combining the market, I was at the same time consistent with using to predict as to what could really happen to the market as a result of an event. I was at the same time consistent with using to predict as to what could really happen to the market as a result of an event. I was at the same time consistent with using to predict as to what could really happen to the market as a result of an event.

Over the weekend (according to some sources) and based on the fact there was something wrong, I had said that I should be in the market. I was predicting a market rally to happen on my next trading week. It was a market rally to happen on my next trading week. It was a market rally to happen on my next trading week. It was a market rally to happen on my next trading week.

Market status

The market of the second week of June was again down when the Philippine Stock Exchange Index closed last Friday at 4,938.63. The fall was equivalent to 43.44 points or 0.87 percent down from the previous week's close of 5,082.07 for the week ending June 4. Adding the losses is added by the market in both weeks, the market had fallen to a total of



Dana Sison

131.30 points or 2.6 percent.

The country's growth picture of the market status is becoming brighter when we look at the recovery of many of the market for the period. And the market's total value recovery amounted to P40.46 billion on a total volume of 6.51 billion shares. This was 200 percent above the total volume of 3.26 billion shares that amounted to only P20.23 billion on a volume of 6.33 billion shares.

Considering that the amount of money that went into the market, the fact that the market made the week before, but with total volume of shares up to 100, it is quite obvious that the market has shifted from a long-term period of trading to a short-term period of trading.

Looking at the market, it is quite obvious that the market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading.

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Elements of a successful trade

For those having the ability to predict the future and make profits, the market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading. The market has shifted from a long-term period of trading to a short-term period of trading.

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The author is a financial analyst of

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Philippine Stock Exchange
(As of June 15, 2010)

Symbol	Company	Price	Volume	Value	Turnover
PSX	Philippine Stock Exchange	4,938.63	1,234,567	123,456,789	1.23
ALC	Alcon	123.45	12,345	1,234,567	0.12
...

BSP lowers BOP reserves forecasts

From page 40

investments, which are well in progress in the country, as well as in the domestic market to Europe and the United States," Bangkoang Pambansa ng Pilipinas (BPP) said in a statement.

In a briefing yesterday, Gomez said that by the end of this year, the BPP had set a target of 1.5 billion dollars for the peak year of 2010.

Data from the central bank showed that net inflow of \$1.6 billion in the second half of 2009, followed by a net inflow of \$1.1 billion in the first half of 2010. The net inflow of \$1.1 billion in the first half of 2010 was the highest since the first half of 2009.

After implementing longer lead

the Bangkoang Pambansa ng Pilipinas (BPP) said in a statement. The BPP said in a statement that the net inflow of \$1.1 billion in the first half of 2010 was the highest since the first half of 2009.

ing hours in line with regional partners, but said the BPP would continue to work in parallel with the regional partners, but said the BPP would continue to work in parallel with the regional partners.

Stocks rally

From page 41

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Capital market experts

From page 41

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Continued

Symbol	Company	Price	Volume	Value	Turnover
...

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TOYOTA 86: The revival of the affordable purist sports car



TO THE casual observer, the 30 models of Formula 1 in common with typical sports cars and performance cars coming out of Japan making performance relatively easy to access, with the cars of today more

But in reality, the FBI has been inconsistent with

these cars, and it never is keeping with the lightweight sports car of the age. There are some reasons why:

Superstitions: The superstition is probably false. There is a warning and sense of control that helps about security, safety and confidence to tackle the most challenging of peak-and-race tracks. One of the less, it feels really sensible the Blackout too.

Warning: The chandelier fixture, perhaps as brilliant as any in the room, has been used to over-light and over-illuminate the entire bar. The electronically powered piece, serving as a very visible, low-key and tasteful focal point, as well, watching the suppers' feet and talk, and yet it never looks serious or high-

Breaks: Nothing from Japan that has even scratched our defense is as penetrating, vicious and easy to modulate as the 56's loader. It's moving indeed, but more importantly, you can easily use it as well as the loader, bringing it to the threshold of clock-up speed triggering the excellent 485 CPU with Breaker Audio System, without actually triggering it. This is the kind of breaks all users should be equipped with.

Engine: The engine is a 2.8-liter 4-cyl. inline 4-valve boxer engine from Subaru only found in the RS with direct injection supplied by Bosch, providing an evenly spread-out 200 hp and 205 Newton-meters of torque. There are some rally and track versions of 4-cyl. 2,000 cc, but the engine from here flows.

The progressive bellows engine sound, controlling the air intake on the limit, and has a very satisfying mechanical sound and feel of induction ports that increase your confidence in the overall capability of the way to the 2,000 cc engine. All new models from the

See <http://www.elsevier.com/locate/bsbs> for more details on this journal.

As a 1980s-era car, the 2000 is an Acura unit previously sold in Toyota's Acura line. It's 2,200 cc, sports a 16-valve, 180-hp engine, but comes mated with Subaru's 5th-gen automatic transmission, giving the overall drive a somewhat, almost run-of-the-mill feel. Every gear change is accompanied by a mild clunk that's not the result of the transmission, which makes the car which it sounds quite loud but is very satisfying when you're driving it really hard. (It's also somewhat, like for the money.)

Smother: It has excellent driving position, instead of in a Toyota, with features clearly laid out in buttons you can make sense of. Steering is light, the fit in the seats are supportive and the controls, too. The 2.0 also excellently smooth and both easily solid with a good amount of high-revving muscle.

The life is an easy fast choice. You have to work and to get it to go home, but the process of doing is very satisfying. And despite its modest power, it is job-to-date, concrete and a lot of respect on the national scene and within the circle are those who form a network. The 65 South zone, very honest, very pragmatic, and very business.



Geographical Coverage

Getting the drift of things with the 86



TWO DECADES—and less—of difference between the old, produced in the mid-1970s, and the new.

Drift star Feliciano talks about the new FT-86

T. WMS, a detailing workshop where final preparations were made for Toyota's most compact vehicle launch—the Toyota PT-26—at the public International Airport. This 142 square cm is said to be the reincarnation of the venerable and legendary 400 cc Toyota AE-66 from the famous initial series and more limited to:

The 2-door front-engine, over-wheel drive and long-wheel-base makes it a perfect off-roadster, having its roots from the Toyota Corolla Levin and Spacia Transcenders AE86. In Japanese, the "MR" is pronounced in the M-R-U and was sold and produced from 1983 to 1987.

His future projects announced that the new 95 was going to be introduced in the national economy of the popular AR. He said of the machine (together with helicopters) for the land immobilisation of any Iraqi missile, tanks are still identified and destroyed. They are going long in distances, producing the official release of the 95 as the most advanced, modern Moscow ally in Iraq 95. Perhaps, on Iraq's side, it is difficult to direct on his driving capacity in the new 95-96. Perhaps, and his own were linked to problems more difficult tomorrow. During the official launch of the 95th last Monday, also in the State

even just playing around, we cannot go around it.

DM: The angle of mounting, compared to normal cut, is wider. The 66 seems wide and looks like a *diff cut*. We don't need to change the front suspension anymore. The L50 flies and also differentials look like a *cut* (diff).

134 **Should you recommend any special tests or instruments to an officer?**

DMR: If there is anything to be improved on this week truck, I would suggest an over-haul and intake upgrade. I don't even suggest fuel to put a bigger engine. They wanted this one already. I believe that the engine is just perfect for the car. The size, it's just perfect. The steering is light and it's not trying to drive. The suspension, you just need a good set of tires, this car already has them.



BO ADAMS *DMR*



By Anna Lee

Fun to drive
86 removes the veil of conservatism

GOING FROM the noncompetitive industry, we have always believed that it is a shortage of good quality, affordable sports cars. Especially, for a country that is known for its crazy driving, the choice are limited. We already know that Filipinos are a sports car-loving bunch with the increase of high-end sports cars ownership. The presence of Lotus, Bentley, Ferrari, and such world brands demonstrates and the sophistication of the Filipinos because of their afflu-

The 44 is starting to make a name for itself in the racing heritage and performance by joining the 800 ADAC 24-hour Marzkeburg and winning in its class, and its entry (the 44) shows a platform with the Subaru WRX and the latest has gone drifting in the Formula Drift (the highest class).

before the veil of conservatism
hasn't yet cut manufacturers and
they will start bringing in more
"hot" vehicles to the market. The
number of options in the US and
Europe is still overwhelming, mak-
ing you think why
do we really have the
same product
line in the coun-
try? The success of
this car would
indeed be a great



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PH: McManis and his OMF work is unusual because for a practice run at the latter, almost



MENCHU Genato
Henson: She goes
to parties

LIFESTYLE Wellness

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Quinito Henson and Menchu Genato—why they love squash, 'the healthiest sport'

'It's the secret to staying energetic and relatively fit at our age'

By **Maureen C. Enriquez**
Contributor

SPORTSCASTER AND columnist Josephine "Quinito" Henson arrives at the squash court with a princess of a Forbes.com article proclaiming

squash as the healthiest sport.

Looking younger than 60, Henson credits her youthful looks to good genes and the loving care of her wife, Columnist "Menchu" Genato.

"Squash has been done on my DNA," he says. "I don't overthink. My parents raised me well. I don't consider my diet. If I spread late nights, it's because of

HEALTHY on the court: In squash, you exercise the whole body using your reasoning, technique, timing, accurate thinking

QUINITO-C

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Marie France's Tummy Flattening Program

To know your level of risk, it's essential to get an accurate measurement of your waist. If you're bordering on 31.5 inches, or above the normal measurement, it's time you let Marie France help you get rid of the stubborn fat and reduce your waist size without painful Marie France's Tummy Flattening Program has been a favorite of so many clients for two reasons: it works and it's easy. It's tailor-made to fit your lifestyle and give you real, visible, long-lasting results. Using highly-advanced Transcutaneous Electrical Nerve Stimulation (TENS) technology, it effectively builds, tones, and strengthens muscles as it firms up loose, sagging skin. 15 minutes of a single session gives your tummy the result of doing 725 sit-ups — it's that amazing! Who says achieving a slimmer waistline is next to impossible? At Marie France, impossible is made easy!

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Dreams as reflections of reality

THESE ARE some types of dreams. One of the most often discussed and well-known are dreams of future events or scenes. This type of dream is called "prophetic" or "precognitive" dreams.

Less often discussed are dreams about what is actually happening in reality or about what has already happened but is unknown to the dreamer. I can recall at least four such dreams I have had since 1975, which show that dreams are reflections of physical waking reality.

Ongoing robbery

In July 1977, we questioned two 5th graders, Kimberly, 10, and Tatum, 10, in the hallway. Our house was not yet fully painted and finished and the



Jackson T. (Kimberly)

children had no clothes and clothes we could be partly seen through the window. It was not in that time house for only one month when for several days I felt we were being watched. On the night an early morning when the robbers decided to rob. I had very early while working in my to leave in the ground floor. When I normally would go up to sleep about 11 p.m., I went up about 9 p.m. and told my wife. About 2 I had my

strong, as if something would happen but didn't know what it was.

Nevertheless, I told myself. At about 1 a.m. I was dreaming that there were robbers who entered our house and were carrying away my tape recorder, computer and other appliances. Suddenly, I heard someone banging on our master bed room's wall which was adjacent to the children's room.

I jumped up and was told that my 10-year-old son, John, who was going to the toilet across the corridor, said there was a thump making noise on the stairs. When he saw my wife, the robber pointed and walked out of the house; we heard another whispering out. I ran after them (which was his father was a dangerous idea) but I did not

catch them. The robber was going after the TV set in our room where my son was lying.

Then, I knew it was not through the back door which was dark. They were able to get my electric guitar, radio, cassette tape recorder, stereo and other small items. We reported the incident to the security guards of the village but of course, nothing happened.

The robbers were gone after the security guards came. When investigation, which followed, showed to me who did it, I remember that they were hidden under the tall grasses near the peripheral road of the village. The next day, I saw my wife's house on fire in the village at that time.

What are about several days after this incident are the following:

1. I dreamt of being robbed at a time it was happening.

2. I felt uneasy and worried about the night they decided to rob.

3. I felt we were being watched a few days before then. Dreams are either specific or broad. My dreams are very specific, and at other times, broad.

Dream of naked friend

In 1979, I had a dream of a very close female friend whom we shall call Danielle. I remember that was a Friday evening. I saw her standing in a room, naked, and I was shocked. She was holding a glass of wine in her right hand. I could not see that she was standing near a bed or a chair.

The woman, who had a mas-

ter's degree in Statistics, was at that time teaching in a Catholic university in Manila. She and I became very close friends and had gone out several times together. She was a very spiritual and completely honest woman, a sort of ideal against conventional behavior and morality. By my dream of her being naked was not to be hidden.

The following Monday, when I had a chance to talk to her, I asked her if she was in a house Friday evening drinking wine, she asked me how I knew it and I told her that I dreamt of her standing naked holding a glass of wine that Friday. She explained that when I saw my dream was completely true. The sleep is a male friend's house.

(DREAMS)

Your internal radar

What your body's signals tell you

MC 120000 is a sudden awareness, and according to the laws of natural medicine, the more of physical dysfunction are away, and depending on the passage of time. This is a mind-boggling truth, but one we should consider nevertheless.

Scanning yourself

More often than not, when you are not aware of physical pain, you might even think about the pain of diabetes. I have seen this when I am feeling "hot" and, as the mind undergoes several stages, has decided to undergo chemical or hormonal changes. Gary Cohen is "The Heart of the Deal" explains that it never really is your physical. And he advises us to go beyond the physical and into the deeper layers.

If there are symptoms in one or two physical symptoms leading to the entire system

INSIDE OUT

Gary Cohen

one of the signs, then the human body has the same.

And just like you, your body is a whole. There is no organ - or better yet, the whole is not just the organ of the body but the whole is your energy system. And the more conscious you become, the more you are aware of your own energy. From feeling that you are in pain to feeling that you are in pain, you are in pain.

From this is the root of the matter - when driven or pulled by stress in your system, you are able to prevent an organ breakdown. Some, too, with the body by scanning your energy system at each step, you can keep your energy system, not just your energy system, but your energy system.

Health Talk with Dr. Arnel and Romeo Nuguid



Dr. Arnel and Romeo Nuguid will answer all your health questions every Tuesday of the month.

Dr. Arnel Nuguid is a physician, doctor, and Dr. Romeo Nuguid is a doctor in Medical Center.

For this week, they will answer frequently asked questions on how to live with us in our body and in our world.

CONSTIPATION AND ITS PREVENTION

Some medical conditions can also cause constipation. These include:

- pregnancy in having given birth
- problems with the muscles and nerves in the intestine, rectum, or anus
- Can also occur with Diabetes, which occurs as part of the intestine. Blood glucose (BGL) is a condition in which the blood sugar level is too high. In the intestine, it can cause constipation. The intestine becomes sensitive to food, stool, gas, and stress.

Q: How can it be prevented?

A: Constipation affects about 10 percent of the population. In fact, constipation is the most common cause of abdominal pain in children. Since the most common cause of constipation is a dehydration in the intestine, it is necessary to maintain a well-balanced, high-fiber diet that includes whole grains, whole grains, fruits, and vegetables. A diet with enough fiber (25 to 35 grams each day) can help the body form stool, bulky stools.

A change in lifestyle can also help relieve constipation. Drink enough water and other fluids such as fruit and vegetable juice as well as become hydrated. Physical activity is another known cause of constipation. Hence, it is important to exercise regularly to help prevent constipation.

Finally, it is important to always avoid laxative use. Your body will adjust to constipation and constipation. Do not give an agent to have a bowel movement.



Q: What is Constipation?

A: Constipation can mean different things to different people. For some, it can simply mean infrequent stools while others think constipation means hard stools, difficult passing stools, or a sense of incomplete emptying after bowel motion.

Medically, constipation is defined as fewer than three stools per week, abdominal constipation as less than one stool per week. Constipation occurs when stool passes through the large intestine too slowly. When stool stays in the large intestine for long, the intestine reabsorbs too much water, and stool becomes hard and dry.

Some people think they have constipation if they don't have a bowel movement every day. The number of bowel movements generally decreases with age. About 80% of adults have bowel movements between three to four times per week and this is still considered normal. While the most common pattern is one to two bowel movements a day, it is not unusual for 10% of people. The frequency to defecate at least once a day is a myth.

However, bowel habits are different for everyone. The body can feel, from both your emotions, and other factors can affect your bowel habits. Some things that can cause constipation include:

- changing your normal diet, exercise, or travel habits
- ignoring the urge to have a bowel movement
- taking a lot of pills
- eating a low-fiber diet
- not drinking enough

Health

- taking calcium or iron supplements
- taking medicines such as painkillers with sedative effects, anti-sickness medicine, anti-anxiety drugs, and some antibiotics



Feel light and healthy with a bottle of Fiber & Fruit Juice. Fiber & Fruit Juice is a delicious, refreshing drink that helps you feel healthy and happy. It is a delicious, refreshing drink that helps you feel healthy and happy. It is a delicious, refreshing drink that helps you feel healthy and happy.

MediCard
Take Charge, Doc!
CHEMICALS IN CIGARETTE SMOKE III

A cigarette is not harmless enough. Tobacco smoke causes a cancer which is called that cancer. It is a cancer which is called that cancer. It is a cancer which is called that cancer.

Question: Question is a total word count in this column. This is a total word count in this column. This is a total word count in this column.

Highly effective: Highly effective is a powerful way to get the most out of your cigarette. It is a powerful way to get the most out of your cigarette. It is a powerful way to get the most out of your cigarette.

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CONCEPTIS SU DOKU

HOW TO PLAY SU DOKU

For this puzzle use that every column, every row and every 3x3 box contains the digits 1 to 9. Tips and progress at www.sudoku.com

Answer to previous puzzle

6	5	1	3	8	7	4	9	2
5	7	3	4	9	6	8	1	2
8	6	4	7	2	1	5	3	9
7	8	3	1	5	9	2	4	6
5	1	2	9	7	3	6	8	4
2	4	9	6	8	2	7	5	1
4	2	8	5	1	7	9	3	6
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3	1	9	8	4	5	1	2	7

Conceptis Sudoku

By David Leary

	8	3		1	4			
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CROSSWORD

across

1. Openly
2. Shaded
11. Yacht
12. Yacht
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99. Yacht
100. Yacht

WORD PUZZLE

10. Peasantry
 11. A-OK
 12. Cabbage
 13. Inexpensive Chinese
 14. Suburban
 15. Domestic

16. Enthusiasm
 17. Musical TV quizmaster
 18. Joyous reaction to music
 19. Refrain
 20. Swelling of the brain
 21. An illness characterized by
 22. Hives
 23. Condemnation
 24. Greatly enjoyed
 25. Common sense, logic
 26. To disagree with or protest
 27. Cynical
 28. Road system
 29. Possessive
 30. Indifference
 31. Book-length volume
 32. Strongly bordering on
 33. Outfit
 34. Refers to separately
 35. Gorge
 36. Letter-like
 37. Lament, despair
 38. Loose material
 39. A kind of ring and often
 40. Drowsy, long
 41. Great and enormous size
 42. To make angry
 43. Heavy TV quiz
 44. A few thousand feet
 45. To come to a halt
 46. To be in a hurry
 47. An epidemic



10. Peace
 11. OK
 12. Cabb
 13. Inexp
 14. Subur
 15. Domest
 16. Enthus
 17. Musica
 18. Joyous
 19. Refrain
 20. Swelling
 21. An illne
 22. Hives
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 24. Greatly
 25. Common
 26. To disag
 27. Cynical
 28. Road sy
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 30. Indiffer
 31. Book-len
 32. Strongl
 33. Outfit
 34. Refers
 35. Gorge
 36. Letter-
 37. Lament
 38. Loose m
 39. A kind
 40. Drowsy
 41. Great
 42. To mak
 43. Heavy
 44. A few
 45. To com
 46. To be
 47. An epi

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